

## CLAIMS

1. A method of tightening and loosening an object to a rotary base torsion-free, comprising the steps of providing a single power tool having a tool housing portion and a driving portion which are coaxial with one another and provide equal but opposite forces; connecting a bolt with the rotary base; connecting a first part which include a sleeve/washer assembly to one of said portions to be turned by said one portion, which sleeve-washer assembly includes a sleeve with a thread cooperating with a thread of the bolt and a washer abutting against the object; connecting a second part to the other of said portions to be turned by said other portion, which second part includes a nut having a thread cooperating with another thread of the first part; turning the first part by said one portion so that the first part, the bolt and the rotary base turn together while the second part remains free of rotation to urge the bolt to move in a desired axial direction to tighten or loosen the object to the rotary base; and turning the second part by said other portion so that the rotary base, the bolt and the first part remains free of rotation to urge the bolt in the desired axial direction to tighten or loosen the object to the rotary base.

2. A method as defined in claim 1; and further comprising connecting the washer and the sleeve of the sleeve-washer assembly so that the sleeve is axially displaceable but non rotatable relative to the washer.

3. A method as defined in claim 1; and further comprising passing the bolt freely through an opening in the object.